



H-PLUS Function Exercise: SENSORY: TASTE

Function Command:

**PLUS-TASTE GREATER;
PLUS-TASTE LESSER**

Purpose:

This is your H-PLUS Function exercise to learn to direct your physical sense of taste.

Application:

To modify the sense of taste for sensitivity or identification as needed or desired.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: TASTE** can be used with **DE-HAB** and **EAT/NO EAT**.

Examples – If you have to take medication with an unpleasant taste, do **PLUS-TASTE LESSER**. While enjoying a delicious meal, enhance your pleasure with **PLUS-TASTE GREATER**. For help during a weight loss program, try **SENSORY: TASTE** as desired with **DE-HAB** and **EAT/NO EAT**.

Please Note:

- Your perception of pleasant tastes may be enhanced noticeably.
- You may find it easier to ignore unpleasant tastes and tune out enjoyable taste sensations which lure you to overeat.

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